

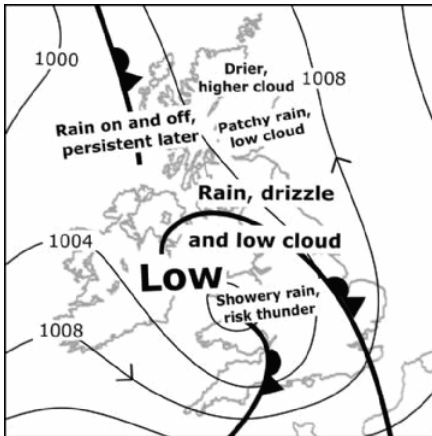
Cairngorms NP and Monadhliath

Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Ericht and Loch Laggan.



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General Summary for Saturday, 6 June, 2026



British Mountain Summary:

Based on forecast chart for noon 6 June, 2026

Patchy rain toward the south of the Highlands, and tends to become more persistent west coasts. Varied low cloud, higher breaks generally north. A swathe of rain and low cloud northern England and southern Scotland. Clusters of showery rain for Wales, heavy bursts with local thunder. Wind speeds varying.

Headline for Cairngorms NP and Monadhliath

Strong locally gusty wind. A little rain, lowest cloud south.

Detailed Forecast for Saturday, 6 June, 2026

<p>How windy? (On the Munros)</p> <p>Effect of wind on you?</p>	<p>Southeasterly 25 to 35mph, gusts over 40mph in the morning east and northern Cairngorms, tending to lessen to be 15-25mph afternoon, again strongest in east; then rising more widely southerly later evening into night.</p> <p>Blustery over high terrain, affect comfortable walking in exposure on high eastern tops, locally gusty toward northern corries, feeling distinctly chilly. Tending to lessen from west.</p>
<p>How wet? (Precipitation and its impact)</p>	<p>Rain on and off southern hills, occasionally pushing north</p> <p>A little rain and drizzle, most common in southern areas, less reaching Strathspey, dry here for periods. Some steadier pulses of rain drift across the region from the south during afternoon and evening, again less toward north.</p>
<p>Cloud on the hills?</p> <p>Chance of cloud free Munros?</p>	<p>Lowering from south to be extensive</p> <p>Cloud banks mainly southern Cairngorms NP in the morning, clearer north of high tops for a few hours, but cloud increasingly covering over high Cairngorms widely, filling and tending to lower with time, lowest in south.</p> <p>50% dropping to 20%</p>
<p>Sunshine? Air clarity (below cloud)</p>	<p>Sun mostly weak due to high cloud, mainly north; more likely becoming overcast. Visibility very good where dry, but reducing in rain.</p>
<p>How Cold? (at 900m)</p> <p>Freezing Level</p>	<p>5C rising to 7 or 8C afternoon, mildest toward Monadhliath. Feeling below freezing in the wind.</p> <p>Above the summits.</p>

Cairngorms NP and Monadhliath - Looking Ahead

	Sunday 7 June	Monday 8 June
How windy? (On the Munros) Effect of wind on you?	Southwesterly 30-35mph most of the day, some variability above and below this range, perhaps stronger afternoon hours. Strenuous walking in exposure most of the day with wind chill, risk arduous periods with balance challenges.	Southwesterly 20 to 30mph, may increase further at times over high Cairngorms. Feeling blustery, starting to affect comfortable walking and a noticeable chill on exposed high terrain.
How wet? (Precipitation and its impact)	Patchy rain becomes more frequent Patches of rain drifting from the southwest, mostly light in nature, driest on northern slopes to the east. Rain becomes more frequent and heavy from midday, the most extensive falls south and west.	Showery rain increasingly Broadly showery, heavier bursts of rain most widely during the afternoon, risk isolated thunder, later particularly more northeastern areas.
Cloud on the hills?	Lifting to high terrain Banks of cloud at varied heights in the morning, mostly from 600m upward, soon beginning to lift with lower banks dissipating through morning to banks over terrain above 1000-1100m. May deteriorate somewhat in the west later.	Often capping high tops Varying cloud banks over upper slopes, mostly above 900m, some higher breaks best in the north and east, but ragged patches lower in showers.
Chance of cloud free Munros?	30%	40%
Sunshine? Air clarity (below cloud)	Patchy sun through high cloud, becoming increasingly weakened. Variable visibility, very good for periods out of cloud.	Brief bursts of sun. Visibility good away from showers and below cloud.
How Cold? (at 900m) Freezing Level	7 or 8C, rising slightly, chance 10C northeast of high Cairngorms. Feeling below freezing in strongest wind. Above the summits.	4 or 5C. Feeling like -5C directly in the wind. Above the summits.

Planning Outlook**All mountain areas of Britain from Sunday, 7 June, 2026**

Generally unsettled next week - showers affect most hills Monday and Tuesday, lowest cloud and most persistent rain along western slopes, but with some breaks as well with sunshine. Risk of a deeper area of lower pressure from Wednesday or later bringing widespread strong winds, probably gales over many summits, with prolonged heavy rain. Temperatures trending milder again into next weekend, pressure may begin to rise in the south to give drier weather more widely with time.

Forecast issued at 16:30 on Friday, 5 June, 2026

The Production of the Scottish forecasts is fully funded by sportscotland. Forecasts are issued daily by 16:30 and are kept under review and amended as necessary. However, expected conditions can still change after issue. © Copyright Mountain Weather Information Service, 2026.